



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09223, Tangerine juice, canned, sweetened

Report Date: July 01, 2017 02:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 249g | 1 fl oz 31.1g |
|--------------------------------|------|---------------------|-------------|------------|---------------|------------------|
| Proximates | | | | | | |
| Water | g | 87.00 | -- | -- | 216.63 | 27.06 |
| Energy | kcal | 50 | -- | -- | 124 | 16 |
| Energy | kJ | 209 | -- | -- | 520 | 65 |
| Protein | g | 0.50 | -- | -- | 1.25 | 0.16 |
| Total lipid (fat) | g | 0.20 | -- | -- | 0.50 | 0.06 |
| Ash | g | 0.30 | -- | -- | 0.75 | 0.09 |
| Carbohydrate, by difference | g | 12.00 | -- | -- | 29.88 | 3.73 |
| Fiber, total dietary | g | 0.2 | -- | -- | 0.5 | 0.1 |
| Sugars, total | g | 11.80 | -- | -- | 29.38 | 3.67 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 18 | -- | -- | 45 | 6 |
| Iron, Fe | mg | 0.20 | -- | -- | 0.50 | 0.06 |
| Magnesium, Mg | mg | 8 | -- | -- | 20 | 2 |
| Phosphorus, P | mg | 14 | -- | -- | 35 | 4 |
| Potassium, K | mg | 178 | -- | -- | 443 | 55 |
| Sodium, Na | mg | 1 | -- | -- | 2 | 0 |
| Zinc, Zn | mg | 0.03 | -- | -- | 0.07 | 0.01 |
| Copper, Cu | mg | 0.025 | -- | -- | 0.062 | 0.008 |
| Manganese, Mn | mg | 0.037 | -- | -- | 0.092 | 0.012 |
| Selenium, Se | µg | 0.1 | -- | -- | 0.2 | 0.0 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 22.0 | -- | -- | 54.8 | 6.8 |

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|------------------------------|------|------------------------|----------------|------------|---------------|------------------|
| Thiamin | mg | 0.060 | -- | -- | 0.149 | 0.019 |
| Riboflavin | mg | 0.020 | -- | -- | 0.050 | 0.006 |
| Niacin | mg | 0.100 | -- | -- | 0.249 | 0.031 |
| Pantothenic acid | mg | 0.125 | -- | -- | 0.311 | 0.039 |
| Vitamin B-6 | mg | 0.032 | -- | -- | 0.080 | 0.010 |
| Folate, total | µg | 5 | -- | -- | 12 | 2 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 5 | -- | -- | 12 | 2 |
| Folate, DFE | µg | 5 | -- | -- | 12 | 2 |
| Choline, total | mg | 6.0 | -- | -- | 14.9 | 1.9 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 13 | -- | -- | 32 | 4 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| Carotene, beta | µg | 38 | -- | -- | 95 | 12 |
| Carotene, alpha | µg | 14 | -- | -- | 35 | 4 |
| Cryptoxanthin, beta | µg | 214 | -- | -- | 533 | 67 |
| Vitamin A, IU | IU | 253 | -- | -- | 630 | 79 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 166 | -- | -- | 413 | 52 |
| Vitamin E (alpha-tocopherol) | mg | 0.15 | -- | -- | 0.37 | 0.05 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.013 | -- | -- | 0.032 | 0.004 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 14:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |

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|------------------------------------|------|------------------------|----------------|------------|---------------|------------------|
| 16:0 | g | 0.013 | -- | -- | 0.032 | 0.004 |
| 18:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total monounsaturated | g | 0.018 | -- | -- | 0.045 | 0.006 |
| 16:1 undifferentiated | g | 0.003 | -- | -- | 0.007 | 0.001 |
| 18:1 undifferentiated | g | 0.015 | -- | -- | 0.037 | 0.005 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.025 | -- | -- | 0.062 | 0.008 |
| 18:2 undifferentiated | g | 0.020 | -- | -- | 0.050 | 0.006 |
| 18:3 undifferentiated | g | 0.005 | -- | -- | 0.012 | 0.002 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.001 | -- | -- | 0.002 | 0.000 |
| Threonine | g | 0.006 | -- | -- | 0.015 | 0.002 |
| Isoleucine | g | 0.005 | -- | -- | 0.012 | 0.002 |
| Leucine | g | 0.010 | -- | -- | 0.025 | 0.003 |
| Lysine | g | 0.007 | -- | -- | 0.017 | 0.002 |
| Methionine | g | 0.002 | -- | -- | 0.005 | 0.001 |
| Cystine | g | 0.004 | -- | -- | 0.010 | 0.001 |
| Phenylalanine | g | 0.006 | -- | -- | 0.015 | 0.002 |
| Tyrosine | g | 0.003 | -- | -- | 0.007 | 0.001 |
| Valine | g | 0.008 | -- | -- | 0.020 | 0.002 |
| Arginine | g | 0.034 | -- | -- | 0.085 | 0.011 |
| Histidine | g | 0.002 | -- | -- | 0.005 | 0.001 |
| Alanine | g | 0.011 | -- | -- | 0.027 | 0.003 |
| Aspartic acid | g | 0.053 | -- | -- | 0.132 | 0.016 |
| Glutamic acid | g | 0.024 | -- | -- | 0.060 | 0.007 |

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|----------------|------|------------------------|----------------|------------|---------------|------------------|
| Glycine | g | 0.007 | -- | -- | 0.017 | 0.002 |
| Proline | g | 0.031 | -- | -- | 0.077 | 0.010 |
| Serine | g | 0.009 | -- | -- | 0.022 | 0.003 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |